

Health Projects

Project # & Name	Targeted Age & Project Levels	Project Requirements for County Participation	Important Dates & Locations
351 – Staying Healthy <i>Project Cannot Be Repeated</i>	Age 8 & in 3 rd grade through age 18. Project Levels: Beginner: No experience or those who are 8 to 10 years old.	Follow and complete the Project Completion Guidelines on page 2 of your project book. Required Participation: <ul style="list-style-type: none"> ○ Judging 	<p>Miscellaneous Judging</p> <ul style="list-style-type: none"> ○ July 6 – club will be scheduled a time between 1:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center <p><i>State Fair Eligible on Health Day</i></p> <p>https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Health%20Day_6.pdf</p>
352 – Keeping Fit <i>Project Cannot Be Repeated</i>	Intermediate: Some experience or those who are 11 to 13 years old.	Exhibition <ul style="list-style-type: none"> ○ Completed project book. ○ Prepare an exhibit of something learned from the project. 	
353 – First Aid in Action <i>Project Cannot Be Repeated</i>	Beginner: No experience or those who are 8 to 10 years old.		
354 – Medicine Science & Safety <i>Project Cannot Be Repeated</i>	Beginner: No experience or those who are 8 to 10 years old		
355 – Tracking your Health & Fitness <i>Project Cannot Be Repeated</i>	Intermediate: Some experience or those who are 11 to 13 years old.		



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357- Alcohol & Drug Abuse <u>Project Cannot Be Repeated</u>	Advanced: Experience or those who are 14 years old or older.	Follow and complete the Member Project Guide on pages 3-7 of your project book. Required Participation: <ul style="list-style-type: none"> ○ Judging Exhibition <ul style="list-style-type: none"> ○ Completed project book. ○ Prepare an exhibit of something learned from the project. 	Miscellaneous Judging <ul style="list-style-type: none"> ○ July 6 – club will be scheduled a time between 1:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center State Fair Eligible on Health Day https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Health%20Day_6.pdf
358 – Truth About Tobacco <u>Project Cannot Be Repeated</u>	Advanced: Experience or those who are 14 years old or older.	Follow and complete the Member Project Guide on pages 3-7 of your project book. Required Participation: <ul style="list-style-type: none"> ○ Judging Exhibition <ul style="list-style-type: none"> ○ Completed project book. ○ Prepare an exhibit of something learned from the project. 	Miscellaneous Judging <ul style="list-style-type: none"> ○ July 6 – club will be scheduled a time between 1:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center State Fair Eligible on Health Day https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Health%20Day_6.pdf
359 – Your Thoughts Matter <u>Project Cannot Be Repeated</u>	Advanced: Experience or those who are 14 years old or older.	Follow and complete the Member Project Guidelines on page 3 - 5 of your project book. Required Participation: <ul style="list-style-type: none"> ○ Judging Exhibition <ul style="list-style-type: none"> ○ Completed project book. ○ Prepare an exhibit of something learned from the project. 	Miscellaneous Judging <ul style="list-style-type: none"> ○ July 6 – club will be scheduled a time between 1:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center State Fair Eligible on Health Day https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Health%20Day_6.pdf

<p>360 – Your Feelings Matter</p>	<p>Beginner: No experience or those who are 8 to 10 years old</p>	<p>Follow and complete the Member Project Guidelines on page 3 - 6 of your project book.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> ○ Judging <p>Exhibition</p> <ul style="list-style-type: none"> ○ Completed project book. ○ Prepare an exhibit of something learned from the project. 	<p>Miscellaneous Judging</p> <ul style="list-style-type: none"> ○ July 6 – club will be scheduled a time between 1:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center <p><i>State Fair Eligible on Health Day</i> https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Health%20Day_6.pdf</p>
<p>434 – Superhero You</p> <p><u><i>Project Cannot Be Repeated</i></u></p>	<p>Beginner: No experience or those who are 8 to 10 years old</p>	<p>Follow and complete the Member Project Guidelines on page 3 - 5 of your project book.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> ○ Judging <p>Exhibition</p> <ul style="list-style-type: none"> ○ Completed project book. ○ Prepare an exhibit of something learned from the project. 	<p>Miscellaneous Judging</p> <ul style="list-style-type: none"> ○ July 6 – club will be scheduled a time between 1:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center <p><i>State Fair Eligible on Health Day</i> https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Health%20Day_6.pdf</p>